

# GERMAN RECIPES

**festival of american folklife**

SMITHSONIAN INSTITUTION

•

NATIONAL PARK SERVICE



*Sponsored by*  
American Airlines  
General Foods



## BLITZ TORTE

Torte layers:	1/2 cup butter	1 cup flour
	1/2 cup granulated sugar	1 tsp. baking powder
	6 eggs, separated	3/4 cup powdered sugar
	3 Tbsp. milk	1 - 3 oz. package blanched slivered almonds
Custard filling:	1 egg, slightly beaten	1 Tbsp. flour
	1 cup milk	Pinch of salt
	1/2 cup sugar	1/2 tsp. vanilla

To prepare torte layers, cream together the butter and granulated sugar. Beat in the egg yolks, one at a time. Sift together the flour and baking powder and fold alternately with the milk into the mixture. Pour batter into two buttered round nine-inch pans.

Make a meringue by beating the six egg whites until stiff. Gradually add the powdered sugar. Spread over the batter in the pans and sprinkle one with almonds. Bake at 350° for 20-25 minutes. When cool, remove layers from pans, placing the one without almonds on serving plate.

To prepare custard, combine sugar, flour and salt. Gradually stir in milk. Cook over medium heat, stirring constantly till bubbly. Cook and stir two more minutes. Remove from heat, stir small amount of hot mixture into egg. Immediately return to hot mixture. Cook one minute stirring constantly. Remove from heat and add vanilla. Cool well. Spread filling over bottom torte layer, and top with almond-sprinkled layer.

## RECIPES FROM GERMAN AMERICAN COMMUNITIES

in Scottsbluff, Nebraska; Freistadt, Wisconsin; and Nazareth, Pennsylvania

A variety of foods popular in Scottsbluff, some German, some Russian, some American, reflect the two-century journey of these people to the Plains. No special meal would be complete without *runzas*, or *pridochs* (meat and cabbage pies).

### KRAUT RUNZA

Bread Dough:	5-1/2 cups flour	1 cup milk, scalded and cooled
	2 cakes yeast <u>or</u>	1 cup luke warm water
	2 pkg. dry yeast	1 tsp. salt
	3 level tsp. sugar	3/4 cup shortening, melted and cooled

Will make a medium stiff dough. Let rise at least an hour in a warm place. Punch down, grease top and sides with a little shortening. Cover and let rise again until double in bulk.

Runza Filling:	1 cup shortening	3 pounds cabbage, shredded
	2 pounds lean ground beef	3 tsp. salt
	2 large onions, chopped	2 tsp. pepper

Cook above ingredients until cabbage is tender. Cool. Roll out pieces of dough to 1/4 inch thickness (about 5" x 8"). Fill with runza filling and pinch together bread dough edges. Place smooth side up on greased cookie sheet. Bake at 400° until golden brown.

## STEWED ROAST BEEF AND KRAUT SOUP

At a Scottsbluff wedding, stewed roast beef and kraut soup are often served. Since this is also a common meal in daily Scottsbluff life, the recipe is given in a family-size portion, to serve 5.

Beef soupbone, if available	1 large onion, diced
4 lbs. roast beef, whole	5 potatos, cut into bite-sized pieces
1 head cabbage, cut up	1 pint tomato juice (optional)
1 pint saurkraut	2 bay leaves
5 carrots, diced	Salt and pepper to taste

Place bone and beef in large soup pan and add water to cover. Bring to boil, add bay leaves and salt and pepper, and simmer for about one hour, or until beef is cooked. Add vegetables, and tomato juice if desired, and simmer another 20 minutes, or until vegetables are soft. Remove beef and serve on a platter; serve soup separately.

<i>Streusel</i> : 1 cup flour	4 Tbsp. butter
1 cup sugar	1/2 tsp. vanilla

Mix sugar and flour; cut in butter with a pastry blender, or blend with fingers or knives until in pea-sized pieces. Add vanilla, mix well. Sprinkle on top of custard. Bake at 350° for 45 minutes or less, depending on fruit used.

## CHEESE TORTE

Crust: 1 - 6 oz. pkg. or 24 zweiback	1 tsp. cinnamon
1/2 cup sugar	1/2 cup butter, melted

Crush zweiback into fine crumbs and mix with sugar, cinnamon and butter. Set aside 3/4 cup of mixture to sprinkle on top of torte. Butter a 9" spring form pan well and press mixture on sides and bottom of pan. (Buttering the pan helps make mixture stick to sides.)

Filling: 6 eggs, separated	2-1/4 pounds dry cottage cheese, forced through a
6 Tbsp. flour	sieve or blended
1/8 tsp. salt	1-1/2 cups heavy cream
1-1/2 cups sugar	Juice and rind of one lemon <u>or</u> 1 tsp. vanilla

Beat egg yolks until thick. Add the flour, salt, cottage cheese, lemon juice and rind (or vanilla), and one cup of sugar. Beat until smooth, adding the cream slowly. Beat the egg whites until foamy. Gradually add remaining 1/2 cup sugar. Beat until stiff. Fold into cheese mixture. Pour into crust. Sprinkle remaining zweiback crumbs on top. Bake at 325° for one hour.

## FRUIT KUCHEN

Crust: 1/2 cup shortening  
1/4 cup sugar  
1 egg yolk

1-1/4 cup flour  
Milk

Cream the shortening and sugar well; add one egg yolk. Add the flour and moisten with milk until it is of pie crust consistency. Roll out and line a 9 x 13" cake pan.

Fruit filling: Rhubarb, apple, peach, berry, cherry

Use enough sliced fruit to fill a 9 x 13" cake pan. This would be about two quarts of strawberries, or 10-15 apples or about 2-1/2 cups of fresh rhubarb. Rhubarb may be pre-cooked, if desired, by bringing it to a boil in 1/4 cup water. (Drain the water before using the filling).

Spread the fruit filling over the crust.

Custard: 2 eggs plus 1 egg white  
3/4 cup sugar

1/2 cup half and half  
Dash of salt

Beat the eggs well, gradually adding the sugar, then salt and half and half. Pour it over the fruit.

From Nazareth, Pennsylvania:

## SAUERBRATEN AND DUMPLINGS

3-4 lbs. beef chuck or  
any pot roast  
2 onions, sliced  
2 tsps. salt  
6 whole cloves  
2 bay leaves  
1 1/2 cups red wine vinegar

1 cup boiling water  
2 Tbsps. shortening  
2 to 3 lb. red cabbage, cut into  
8 or 10 wedges  
2 tsps. sugar  
Dumplings  
1 1/2 tsps. caraway seed

Place meat in a glass dish or heavy plastic bag. Mix onions, salt, cloves, bay leaves, vinegar and water; pour over meat and refrigerate 3 days. Turn meat twice a day while marinating. Remove meat from marinade (reserve liquid) and brown in shortening in a heavy skillet, add reserved marinade, cover and simmer 2 1/2 to 3 hours. Remove meat and onions; keep warm. Strain liquid into skillet and add water. Meanwhile prepare dumplings, adding caraway seed to the dough. Drop dumpling dough by spoonfuls onto cabbage, cook, uncovered, 10 minutes over low heat; then cover and cook 10 minutes longer.

Prepare gravy. In a saucepan, stir a little flour into enough cold water to make a thin smooth paste, gradually add liquid poured from the cabbage and dumplings. Cook, stirring constantly, over low heat until gravy is thick and smooth. Serve the sauerbraten, cabbage and dumplings with gravy.

5 lbs. red cabbage, sliced  
3 apples, peeled and sliced  
 $\frac{1}{2}$  lb. onions, sliced  
 $\frac{1}{2}$  cup margarine

1 pt. red wine or  $\frac{1}{2}$  cup vinegar  
 $1\frac{1}{2}$  tsps. salt  
 $\frac{1}{4}$  tsp. pepper  
 $\frac{1}{4}$  tsp. caraway seeds

Place sliced cabbage in boiling water for 2 minutes; drain. Cook apples and onions in margarine until soft, add drained cabbage, wine or vinegar and seasoning. When using vinegar instead of wine, add water to cover cabbage. Cook slowly for 2 hours, adding more liquid if necessary. (Reheated red cabbage has a better flavor, so can be prepared 2 or 3 days in advance and refrigerated.) Serve hot.

PUSSELEN (Kisses)

"Holiday and wedding pastry."

1 lb. butter (2 cups)  
 $1\frac{1}{2}$  lb. flour (6 cups)  
 $\frac{1}{2}$  cup sugar  
4 eggs, separated

1 Tbsp. lemon juice  
2 cups crushed English walnuts  
 $\frac{1}{4}$  cup sugar

Mix butter, flour and  $\frac{1}{2}$  cup sugar. Add egg yolks and lemon juice. Work together until smooth. Make small balls, flatten, dip in egg whites, then crushed nuts with sugar. Dent and put lekvar (or jam of your choice) in center. Place on cookie sheet 1 inch apart. Bake at 375° for 10 to 15 minutes or until done.

RYE BREAD

2 cakes yeast  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup lard  
4 - 5 tsp. salt

4- $\frac{1}{2}$  cups warm water  
2 cups rye flour  
4 cups white flour  
Caraway seeds (optional)

Soak yeast in  $\frac{1}{2}$  cup warm (not hot) water until dissolved. Mix this with all the other ingredients except the lard and salt. Set bowl holding dough in warm water until bubbles form in dough. Add lard and salt. Knead, adding enough white flour to make a firm dough. Let rise in warm place until double in bulk. Punch down. Form into two loaves (see *weissbrot* recipe for specific directions on shaping loaves). Place in greased pans. Leave in warm place to rise again until doubled in bulk. Bake at 350° for 35-40 minutes. For a soft crust, sprinkle water over baked loaf and cover with a cloth. For a hard crust, spread butter on hot loaf.

*WEISSBROT* (White bread)

6 cups flour	2 Tbsp. sugar
2 packages dry yeast	2 cups warm water
2 Tbsp. oil	1 egg white
2 Tbsp. salt	1 Tbsp. water

Mix two cups flour with yeast. Mix two cups warm water, sugar, salt and oil. Add to flour and beat for two minutes with a mixer. Add two more cups of flour; mix again for two minutes. Knead in the rest of the flour. Let rise in warm place until doubled in bulk. Punch down. Divide dough into two equal parts. Roll each into 8 x 12" rectangle. Roll up tightly, jelly-roll fashion. Pinch ends to seal and tuck ends under. Place in greased 8-1/2 x 4-1/2 x 2-1/2" loaf pans. Make slashes in tops with a sharp knife. Let rise in warm place until doubled in bulk. Brush with a mixture of egg white and water before baking and again after 20 minutes of baking. Bake at 425° for 35 minutes. Yield: 2 loaves.

*SPÄTZLE* (German noodles)

2 1/4 cup sifted flour	For serving:
1 egg, beaten	1/4 cup butter melted or
2/3 cup water	1/4 cup sour cream - warmed
1/2 tsp. salt	

Mix together well. Let stand 1/2 hour. Scoop up generous amount of dough with wooden spoon. Cut off small pieces of dough and drop into large kettle of boiling salted water. Spätzles rise to surface when done. Drain well. Transfer to deep serving dish. Pour melted butter or warmed sour cream over spätzles. (May be served plain with goulash or stew.)

Meats usually served at a wedding in Freistadt, Wisconsin, are ham, beef and veal. In the country, a calf would be butchered for the occasion.

BAKED HAM

Uncooked, smoked ham, 5 - 7 pounds	Rye flour	1 cup hot cider
------------------------------------	-----------	-----------------

Scrub ham and soak for a few minutes. Drain. Make a thick paste of rye flour and water and spread it over the ham. Set on rack in pan. Bake in 400° oven until rye crust browns. Lower temperature to 300° and bake about 4 hours. Make a hole in the crust and pour in hot cider. Bake 1 more hour at 300°. Remove rye crust. Slice and serve on a roll or with mashed potatoes or potato salad.

# RAW BEEF

Round steak, ground  
Large onion slices

Dark rye bread with caraway  
Salt and pepper

Place raw ground steak on a large tray and encircle it with onion slices and rye bread slices.

To serve: spread beef on the bread, place onion slice on top and season with salt and pepper.

# GERMAN POTATO SALAD

36 small potatoes  
1 medium onion, chopped  
1 pound bacon  
2 Tbsp. bacon fat  
2 Tbsp. butter

1/2 cup vinegar  
1-1/2 cup water  
1/2 cup sugar  
Salt and pepper to taste  
6 eggs, hardcooked

Cook potatoes in skins until soft. Peel and slice. Add onion. Fry bacon till crisp; don't let bacon fat get too brown. Remove bacon from pan, drain and crumble. Pour off all but 2 Tbsp. bacon fat, add butter and stir in cornstarch, sugar, then vinegar, water, salt and pepper. Bring sauce to a boil, stirring constantly, and pour over potatoes and onion. Reserve some crumbled bacon and two eggs, sliced, for garnish. Chop rest of eggs and sprinkle eggs and bacon over salad, mixing in gently. Garnish with reserved bacon, eggs and chopped parsley. Serves 12.

# COLE SLAW

1 medium head cabbage, shredded fine  
1 small onion, chopped fine  
1 large carrot, grated  
1/2 green pepper, chopped fine

2 Tbsp. mayonnaise  
3 Tbsp. vinegar  
1/4 cup sugar  
1/2 tsp. salt  
1/8 tsp. pepper

Toss vegetables in a bowl. Just before serving add dressing made by stirring vinegar, sugar, salt and pepper into mayonnaise.

# DILL PICKLES

1 gallon water  
1 cup vinegar  
1/3 cup salt

4 or 5 heads dill  
Cucumbers, as many as desired

Place cucumbers in crock with dill. Mix water, vinegar and salt, and pour over cucumbers until they are completely immersed. Place dill on top and cover with a plate slightly smaller than the crock opening. Place a weight on top of the plate to hold it down (this is done to keep the dill and cucumbers immersed in the liquid). Allow to stand three days for "half-sour" dills; after one week they should be well soured.